

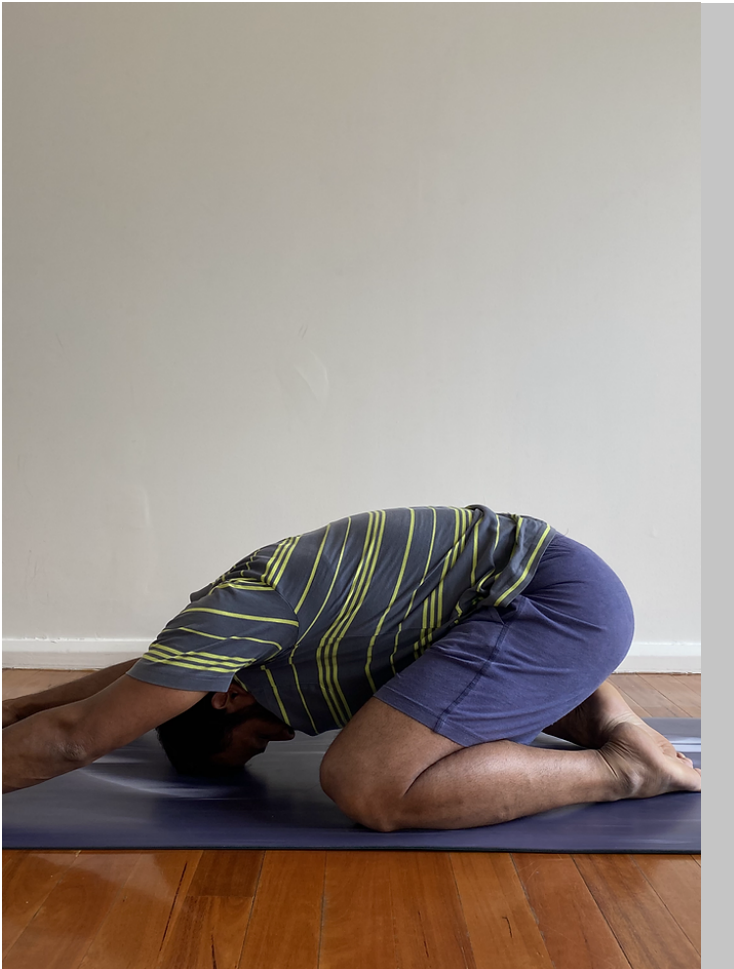


# Yin Yang Yoga

Parramatta, Sydney

This class blends two types of yoga into one single practice. Yang style yoga uses dynamic movements with shorter holds of postures with the intention to build heat, muscular strength, and to improve blood circulation and stamina. Sometimes, we practice Yang yoga in Hatha style with strong postures being held for 5-8 breaths. On the other hand, Yin yoga is a slow-paced practice where postures are held passively for a longer period of time (around 3-5 breaths) in order to work deeply into the connective tissues and joints; bringing relaxation, coolness in the body and calmness in the mind.

Suitable for beginners. Inversions may be introduced in this class for advanced practitioner during Yang practice.



## Yin Yoga Postures and Breathing

Parramatta, Sydney

We often practice the Yin Yoga before the Yang practice. Yin Yoga is meant to practice when the body is still cool and the muscles are still "sleepy" so the stretches to the connective tissues, fascia and joints can be achieved better.

The room temperature during Yin yoga practice needs to be kept cool too so it is recommended for the practitioners to keep themselves warm and comfortable during the practice. This is to ensure that you can find as much stillness as possible when you arrive in your Yin postures.

Depending on what will be the focus of the Yang practice, we will prep the body accordingly in the Yin part. For example, we may focus on the hips if the Yang practice's peak pose is a hip opening pose. Sometimes, we will do a total body Yin Yang practice as well.

Most of the Yin postures will be lying down or sitting down. This is a passive practice where we don't use any muscles engagement, being grounded to the floor can help to create stability.

### YIN YOGA BREATHING

Slow gentle ocean breath (Ujjayi breath) is a ideal breathing technique to use in a Yin yoga class. Make sure that the breath is gentle and not strenuous. Inhale for the count of 4, pause for 1 count, exhale for the count of 4, pause for 1 count. Depending on how your breath is, this could be anywhere from 4 - 6 breaths per minutes. You can exhale using the mouth for the first few breaths and then keep a gentle seal in the lips for the rest of the practice.

## Yang Yoga Postures and Breathing

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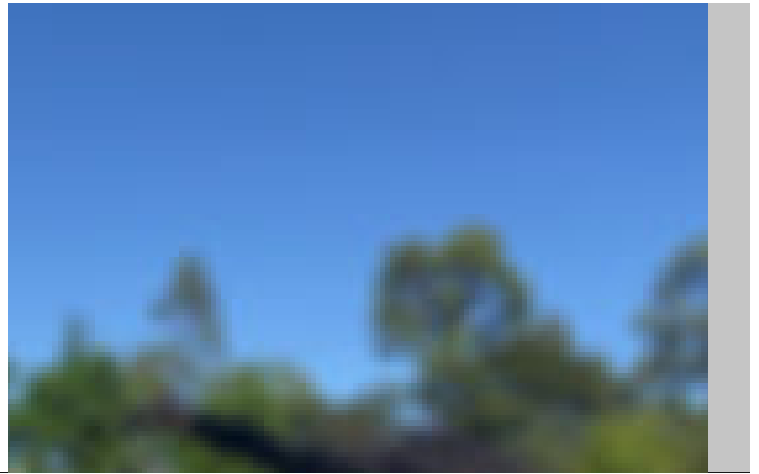
Depending on the ability of those who come for the class, the teacher may guide the Yang practice in Vinyasa or Hatha style.

Vinyasa Yang Yoga practice focuses on synchronizing the breaths and the movements. We usually practice one breath one movement with 4 counts on each inhalation and each exhalation. This is a continuous flow from one postures to another with occasional hold of some strong postures.

Hatha Yang Yoga practice is conducted in a slower pace using strong postures with longer holding time. Each postures are held for 5-8 breaths to generate body heat, stamina, build strength, resilience and focus.

#### YANG YOGA BREATH

Ujjayi breath (ocean breath) with the mouth close during inhalation and exhalation is recommended pranayama (breathing exercise) for this practice. It helps to warm the body and slow down the nervous system and focus the mind.



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